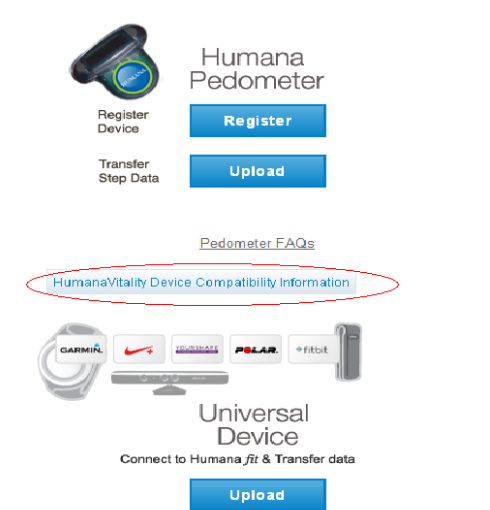
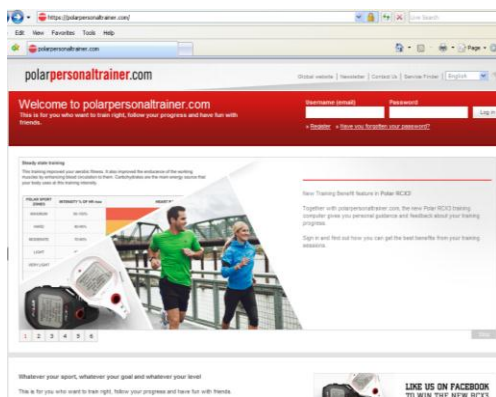


Syncing and Registering a Polar Personal Trainer Account with HumanaFit and HumanaVitality

*To identify if your device is compatible with HumanaVitality, select the **HumanaVitality Device Compatibility Information** link, found on the right hand side of the page.*



1. Create and Register Your Device on *Polarpersonaltrainer.com*



2. Sync your HumanaVitality account to your HumanaFit Account

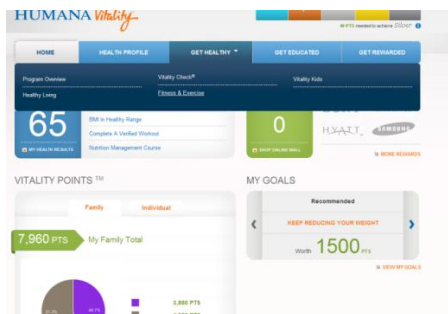
Login to Humana.com

On your MyHumana page

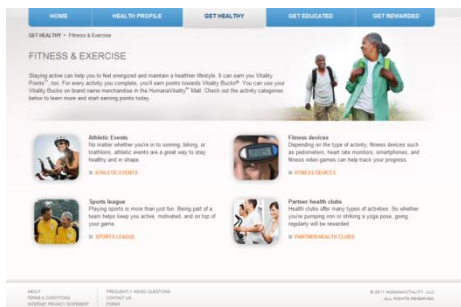
Click on the [Vitality dash board link](#)

Hover over the “GET HEALTHY” tab

Select “Fitness and Exercise”



A new page will appear, select “Fitness devices”



Scroll to the middle of the page

Under **Connect Your Account**

The screenshot shows the 'Connect Your Account' page. It features a header with the Humana logo and the text 'Connect your HumanaFit and HumanaVitality profiles and earn even more Vitality Points for the healthy choices you make. It's like your personal trainer meets your motivational coach. Together they challenge and reward you for being healthy and being active.' Below the header, there's a section titled 'Connect Your Account' with two main options: 'Already a HumanaFit Member?' and 'Create a HumanaFit Account'. The 'Already a HumanaFit Member?' section has fields for 'Username' and 'Password' and a 'CONNECT' button. The 'Create a HumanaFit Account' section has fields for 'Username', 'Email Address', and 'Password' and a 'REGISTER' button. At the bottom, there's a section titled 'Go to HumanaFit to see a list of devices that are compatible with HumanaVitality' and a 'Don't Forget To' section with a link to 'Update your activity as often as possible, at least every 7-14 days.'

Select **Create A HumanaFit Account**

Create a Username and Password

Select the **REGISTER** button,

Select “go to HumanaFit”

3. Continue HumanaFit Registration Process

Once in HumanaFit

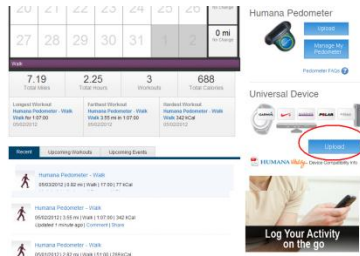
Follow the prompts (or you can **SKIP** them)

Next you will see **“Thank You for completing registration”** then

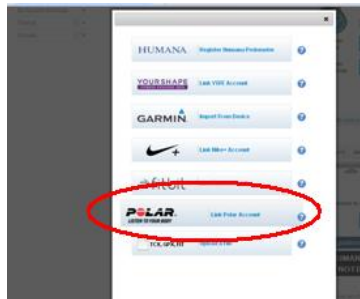
Click **“Finish & go to where I was”**

You will be taken to the HumanaFit My Home page

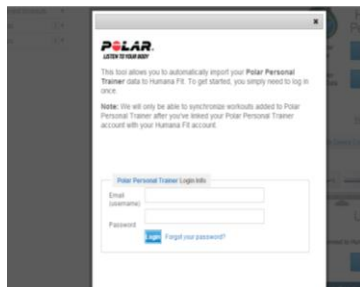
Under **universal device section** click on **upload**



Then click on **Link Polar Account**



Enter email and password from your Polar Personal Trainer Account



Process complete